



Centre for Perfect Care



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Research and Development Newsletter

Issue 2, April 2018

We start this edition of the Newsletter with a big thank you to everyone who has taken part in new and existing research over the last three months. We are delighted that the research team have again surpassed the recruitment target for 2017/18 for the number of people participating in NIHR research studies - thanks to great support from service users, carers and staff. A special thank you to service users and all the healthy volunteers who have provided samples for the Genomic study. This project is trying to find any genetic causes of mental illness. The research is currently being carried out within the clinical teams, but over the last few months we have had an opportunity to include 'healthy volunteers'. This project involves taking blood samples and/or saliva and a short checklist questionnaire. The study began in 2004, and set out to collect DNA samples from thousands of volunteers with several different mental illnesses across the UK. The study team based at University College London wanted to expand its collection of DNA samples to look at genetic associations of bipolar disorder, schizophrenia and Alzheimer's disease and they have been carrying out these type of studies for more than 20 years. Another aspect of their work investigated the overlap between affective disorders and alcohol dependence.

We would also like to thank Lorraine Bickerstaffe, Clinical Research & Innovation Practitioner who has been supporting this study for the past 5 years.



Consent for Contact

We are keen to engage service users and carers in all aspects of research and innovation programmes. To do this we need to have a register of people who are willing to be contacted about opportunities they could be involved in, or who just want more information about what is happening. If you think you might be interested please contact the Research and Development Team, Mersey Care NHS Foundation Trust, Building V7, Kings Business Park, Merseyside, L34 1PJ.

Email:

research&developmentteam@merseycare.nhs.uk

Tel: 0151 473 2907

The NHS Constitution pledge to all patients:

"To inform you of research studies in which you may be eligible to participate"

Research Events



The Trust is keen to offer service users and carers the opportunity to take part in all types of research projects, and this includes clinical research trials. To support high quality clinical research trials in a safe and legal manner, we all need to be aware of individual and Trust responsibilities. We need to know about the standards needed to ensure that service users' rights, safety and well-being are protected.

On the 22 January over 50 staff attended a half-day training event held at Indigo on the Maghull site to hear from two experts: Joan Perou, Chair of the Institute of Clinical Research 'Ethics Forum' and Jules West, Operational Director of RD&I at the Royal Liverpool Hospital who both shared their knowledge and experience of clinical trial management and compliance. The session provided staff with an overview of the relevant guidelines, international principles and current legislation when designing, conducting, recording and reporting clinical trials.

Joan and Jules also held a Q&A session after lunch where they provided advice on quality issues and problem areas.

If you are interested in finding out why clinical trials are important and why we need them, you can hear from those who have taken part by visiting the health talk website – please visit <http://www.healthtalk.org>



The NHS Constitution pledge to all patients:

“To inform you of research studies in which you may be eligible to participate”

Active Research

We currently have **54 research studies recruiting with 21 new studies pending** . If you would like to find out more please visit the Centre for Perfect Care website and follow the link to research. www.centreforperfectcare.com

Evaluating the effects of the novel GLP-1 analogue, liraglutide, in patients with Alzheimer's disease (ELAD Study)

Mersey Care has agreed to be a Participant Identification Centre (PIC) site for the ELAD study (randomised double blinded placebo controlled study) with North West Boroughs Healthcare NHS Foundation Trust. This means that Mersey Care will identify potential participants but the study will be delivered by NW Boroughs. This study is for people who have a diagnosis of Alzheimer's disease (AD), aged over 50 and have a study partner who can attend study visits with them. The study aims to evaluate the effect of a drug that is already used for the treatment of diabetes. Diabetes has been identified as a risk factor for AD and it has been shown that regulation of insulin is abnormal in AD brains. This study has two groups, but neither you nor the investigator will know which group you are in. One group will be given the study drug (liraglutide) and the other group will be given a placebo (dummy drug, containing exactly the same solution as in the study drug, but without the liraglutide). The drug is injected every day under the skin of the abdomen, thigh or upper arm. You have a 50% chance of receiving the study drug.

Learning about the lives of adults with ASD (ASC-UK study)

This project is asking adults on the autism spectrum and/or their relatives/consultees to complete an on-line questionnaire (or paper questionnaire if preferred). The questionnaire should take approximately 45 minutes. See below link to register direct and see short videos about the study:

<http://research.ncl.ac.uk/adultautismspectrum>

Molecular genetics for adverse reactions

This study looks at the adverse reactions for service users who develop a red result whilst taking Clozapine or myocarditis in comparison to people who don't experience such reactions. There is some evidence to suggest that side effects to some drugs may be determined by our genes (the basic building blocks of life). It is likely that more than one gene is going to be responsible. The purpose of this study is to identify some of these genes. The researchers plan to look at a number of genes (including those responsible for enzymes involved in the breakdown of drugs, and those that determine immune responses). As we do not know what genes are involved in toxic reactions to drugs, we have to test for many genes to identify the ones that may be important. We require your permission to be able to do this.

The NHS Constitution pledge to all patients:

"To inform you of research studies in which you may be eligible to participate"

Active Research

Exploring the contribution of the social work role in community mental health teams: Service user priorities

The aim of this study is to explore the help provided by social workers to people with mental health problems. In particular, the study will investigate what service users think about social workers and the work they do. This involves completing a questionnaire where you will see a list of hypothetical examples of how social workers may be important to the support of someone with a mental health problem.

The cap-mem study

Exploring the cause and prevalence of memory problems in people with mental health, neurodevelopmental and neurodegenerative disorders

The researchers would like to know if the autonomic nervous system works differently in people with mental health, neurodevelopmental and neuro-degenerative disorders. We would like to invite to the study people with and without such disorders to evaluate whether the autonomic nervous system is affected by the severity of the disorder or by medication use. This involves answering questionnaires about symptoms that are caused by an upset autonomic nervous system and your experience of fatigue (tiredness). It will take you up to 15 minutes to complete the questionnaires.

Eating disorder studies

For the first time ever, Mersey Care are supporting two NIHR eating disorder research studies. One study is delivering a web based skills package for carers of people with anorexia nervosa. The second one is testing the efficacy of a web-based guided self-help intervention for people living with bulimia or binge eating disorder.

MindSHINE 3: A definitive randomised controlled trial investigating two online wellbeing interventions to reduce NHS staff stress

This is a staff only study investigating the effectiveness of two online interventions in improving wellbeing and reducing stress among NHS staff. Stress experienced by NHS staff can have many negative consequences to them as individuals, also more broadly to their patients and to the healthcare sector. We would like to invite Mersey Care NHS staff that have contact with service users at least once a week to participate. Participants will be randomly allocated to an intervention that will require the downloading of a smartphone app or internet access and the other half will be randomly allocated to an intervention that will require the personal use of a computer/ tablet with internet access.

For more information visit

<http://bit.ly/mindshineLCH>



Preferences to psychological treatment

The aim of the study is to learn more about patient difficulties so that we can improve the psychological help ('talking therapy') offered in the future. Participants will be asked to fill in a series of 9 questionnaires, which should take about 20 minutes. They will be given £5 as a thank you for taking part. The study is open to anyone who can speak fluent English with a diagnosis of non-affective psychosis (schizophrenia, schizoaffective disorder, delusional disorder or psychosis not otherwise specified).

The NHS Constitution pledge to all patients:

"To inform you of research studies in which you may be eligible to participate"

Active Research

DPIM (DNA Polymorphisms in Mental Illness) project

This project is trying to find out one of the genetic causes of mental illness. The research is currently being carried out within the clinical teams, but we now have an opportunity to include 'healthy volunteers' to this particular research study. This project involves taking blood samples and/or saliva and a short checklist questionnaire, different types of antipsychotic drugs and people on no drugs, to see if there are any patterns that might explain the side effects of the drugs.

A cross-sectional study to investigate anti-psychotic-induced cardiometabolic toxicity (APP study)

This study is comparing certain markers of diabetes and processes underlying it, as well as other characteristics such as how much activity you do, and whether you smoke or have a family history of medical problems, to see what differences there are between patients on different types of antipsychotic drugs and people on no drugs, to see if there are any patterns that might explain the side effects of the drugs.



Whalley Team Published in Good Autism Practice

This piece of work, published in October 2017 within Good Autism Practice was conducted with the service users who reside on the Whalley site and have a diagnosis of Autism. The research team included Cindy Chan (Research Assistant), Michaela Thomson (Research Practitioner), Diane Eccles (Assistant Practitioner PTS) and Salma Hanif (Ward Clerk). The team wanted to give people with Autism the opportunity to tell them what life was like living in a secure service, with its associated restrictions, and how this impacted on their Autism diagnosis. The team interviewed 8 participants in total who all gave valuable insights into what life was like for them. The service users voice is rarely heard within published literature, so this publication adds value and a much needed narrative from the service users themselves. The team have personally thanked the service users involved for generously sharing their experiences and contributing towards an under-studied and publicised area of research.

Research Feedback Session on the Whalley site.

The Whalley site welcomed back Cormac Duffy (Trainee Clinical Psychologist, Lancaster University) to present the findings from his recent research involving service users from the Whalley site titled; 'Physical intervention in a forensic setting: the experience of service-users with learning disabilities'. Both staff and service users were invited to attend. A good attendance led to a valuable and interesting discussion following his presentation, with scope for future work and collaboration.

The NHS Constitution pledge to all patients:

"To inform you of research studies in which you may be eligible to participate"